

let's get moving

3-6
months



06 developing strength in different positions

Carry baby in different positions, e.g. over shoulder, in a sling or baby pouch, with his back against your chest.



08 outdoor play

- Take baby outside, either for walk in their pram or place baby on rug/blanket or grass (if dry), under a tree if possible, to watch the leaves, hang coloured ribbons or streamers or wind chimes from tree.



07 sitting

Encourage baby to sit!

- on your lap
- on the floor between legs
- up against a pillow
- with cushions placed around



09 developing eye strength and tracking of objects

- **Read picture books with baby** – practise pointing to objects in the pictures, repeating and demonstrating simple action words for baby.
- **Demonstrate different actions** to baby and use language to describe what you and he/she is doing.
- **Use simple action words:** up, down, low high, bounce, sway, jump, rock, over, under, tickle, roll.
- **Move baby into different positions**, e.g. lie or sit on knees and bounce up and down, put baby tummy down, along your arm and swing in the air.
- **Sit with baby on lap** or together on a swing. Gently rock forwards and backwards.
- **Hold baby and gently sway**, rock and spin (both directions) to music.
- **Massage and play with baby's feet**, clap baby's feet together; blow raspberries on baby's feet, attach bells on feet.

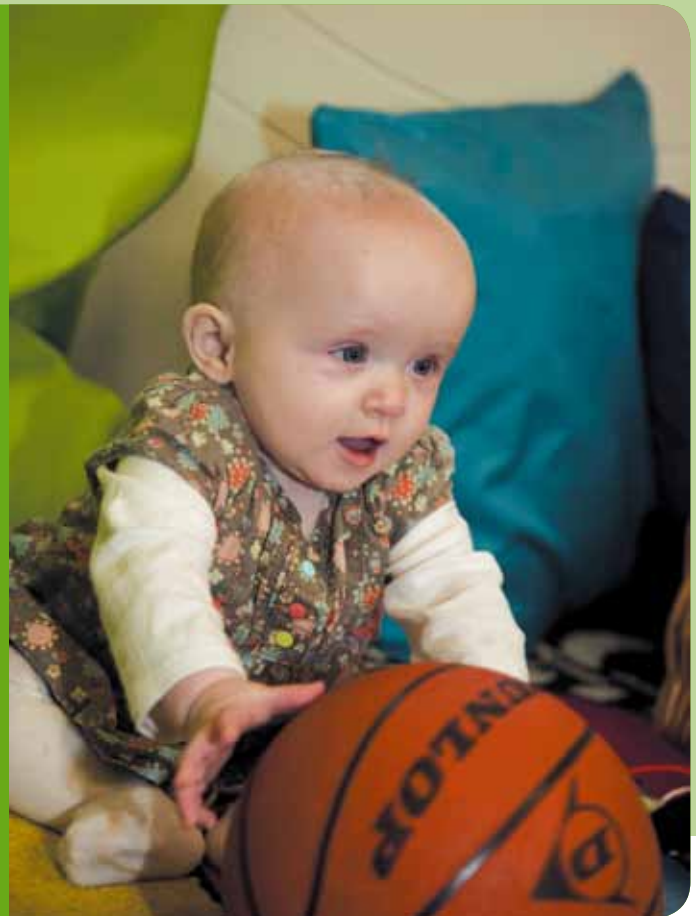


Hold and support baby whilst dancing to music

Read picture books with baby – practise pointing to objects in the pictures, repeating and demonstrating simple action words for baby.

equipment ideas

- Noisy toys – rattles, push-button toys
- Lots of different balls
- Toys that move
- Toys that vary in colour and texture
- Toys that reward actions by lighting up or making noises etc.
- Small toys to grasp (not too small as to provide a choking hazard)
- Frame for hanging mobiles
- Cushions/pillows/blankets
- Play gym
- Cloth and board picture books
- Teething toys
- Everyday household objects – saucepans, wooden spoons
- Treasure baskets - maybe have different themes e.g. soft, hard, fluffy, colours



For more information refer to chapter 8 in the Physical Activity Guide
Download here - <http://bit.ly/T6qYa5>
or visit www.leicestershirehealthy tots.org.uk

Leicester-Shire
healthy tots
programme

